



Your Personal Best

Materials Needed:

1. Pens and Paper

Learning Objectives:

1. Students will be able to articulate and market personal qualities they exhibit and how they create successful outcomes in their lives.
2. Students will think of ways they can show others their successes by using their inner tools. This will be able to help them in career opportunities, networking and self esteem building.

Overview:

1. Ask group to gather around a circular table. First, explain that this activity is a chance to identify marketable good qualities about themselves that they are proud of sharing. Then the activity will end with them sharing back a successful moment that embodied these qualities.
2. Ask each to create a flowchart of 3 of their best qualities that makes them successful in the workplace, school, and job. Etc. with themselves at the center.-10mins
3. Ask each to show how these qualities have inspired them or enabled them to be successful at their career, school, hobby, etc.-10mins
4. Lastly, ask each to think back and identify a moment when everything that is great about themselves was operating in high gear and it created a success for them. -10mins
5. Have students gather in circle and popcorn there three qualities and moment of success-15mins

Discussion Questions:

1. How can you continue to utilize your personal qualities to create more successful moments? Why do you think it is important to be able to articulate and understand what you are good at accomplishing?